

Label Reading Basics for Diabetes

NUTRITION FACTS

Serving Size ½ cup (114g)

Servings Per Container: 4

Amount Per Serving

Calories 90 Calories From Fat 30

% Daily Value*

Total Fat 3g 5%

Saturated Fat 0g 0%

Trans Fat 0g **

Cholesterol 0 mg 0%

Sodium 300mg 13%

Total Carbohydrate 13g 4%

Dietary Fiber 3g 12%

Sugars 3g

Sugar alcohols 2g

Protein 3g

Vitamin A 80% Vitamin C 2%

Calcium 4% Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:

Fat 9 Carbohydrate 4 Protein 4

**Intake of trans fat should be as low as possible.

Serving Size

- The serving size is the portion size used for all the values on the label.
- Different foods have different serving sizes.
- The serving size on this label is ½ cup.

Servings per Container

- Indicates the number of servings in the container.
- There are 4 serving in this container, each serving is ½ cup.

Total Carbohydrates

- Indicates the **total amount of carbohydrate** (starch and sugar) in one serving of this product.
- One carb choice or serving of a carbohydrate-rich food has about 15 grams of carbohydrate.
- This food has 13 grams of carbohydrate per ½ cup serving.



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Total Fat

- Indicates the total amount of fat in one serving of this product.
- This food has 3 grams of fat per ½ cup serving. Try to always choose foods that have 5 grams of fat or less per serving.
- Choose foods with 3 grams or less per serving of trans and saturated fats.

Sodium

- Indicates the total amount of salt in one serving of this product.
- This food has 300 mg of sodium per ½ cup serving.
- It is suggested to limit salt intake to 1500 mg per day when you have diabetes. With pre-diabetes, your sodium intake should still be monitored. The goal is less than 2300 mg per day. A good first step is to not have a salt shaker at home.

The area on the label describing **Percent Daily Values** is there as a reference for you. The information listed is not for the specific food you are eating, but to provide you with goals for healthy eating.

Example

If a person eats 1 cup of this food, they will have eaten 2 servings. 2 servings =

- 180 calories, of which 60 calories are from fat
- 6 grams of fat
- 600 mg sodium
- 26 grams of carb or 2 carb choices

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% Daily Value*

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Saturated Fat 0g	0%
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Trans Fat 0g	**
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Cholesterol 0 mg	0%
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Sodium 300mg	13%
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Total Carbohydrate 13g	4%
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Dietary Fiber 3g	12%
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Sugars 3g	
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Protein 3g	
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Vitamin A	80%	Vitamin C	2%
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Calcium	4%	Iron	4%
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Calories per gram:

Fat 9	Carbohydrate 4	Protein 4
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